

Fitness Schedule

September 2014

(SCC closed on 8/1)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	HIIT Annie	Cycle Brad	Body Sculpt Brad	Cycle Brad			
8:10AM						Cycle Brad *Yoga Villy	
8:15AM	SS Classic Sarah		SS Classic Megan		SS Classic Megan		
9:00AM						*Muscle Conditioning Brad	
9:15AM	SS Yoga Villy		SS Yoga Villy		Zumba Gold Megan		
9:20AM						Pilates Megan	
10:10 AM							Cycle Rotation
11:00 AM							Sunday Strength Rotation
5:00PM	Cycle Kristen		*Cycle/Core Annie				
5:15PM				CardioExpress (40 min. – meet near cycling studio) Annie			
5:30PM		*Zumba Diane	*Zumba Cassie		*Zumba Cassie		
5:45PM	*Body Sculpt Brad	*Yoga Chrissy		*Yoga Chrissy			
6:00PM		Cycle Kristen		*Body Sculpt Brad			
6:30PM			*Water Aerobics (begins 9/10) Kristina				
7:00PM	*Water Aerobics Kristina Boot Camp Paula	HIIT Kristen	Boot Camp Paula				

*1 hour classes. All others are 45 minutes

Class Fees

SCC Members	Free
Resident	\$5/class
Non-Resident	\$7/class
Punch Cards	\$65 (good for 15 classes)
Sr. Punch Cards	\$45 (good for 15 classes)

A variety of adult aerobics classes are offered at the Community Center. Classes are professionally taught in a comfortable setting with safety and fun in mind. No pre-registration required. Just scan your membership, show your punch card at the front desk, or pay per visit when you check in at the front desk. Body bars, hand weights, resist-a-balls, resistance bands, kettlebells, and mats are provided. Please consult with your physician prior to beginning any new exercise program. Space in some classes is limited.

Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Silver Sneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Silver Sneakers® Yoga

Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Body Sculpt

Feel the burn as you challenge your major muscle groups using a variety of resistance training and tools. This class uses basic moves with options for all fitness levels. Participants will build lean muscle mass, tone, and lose inches.

Boot Camp

This class is designed to challenge the athlete inside of us all. You set the pace as we enjoy everything from running and athletic drills to obstacle courses and muscle conditioning. No complicated choreography—just loads of endurance, agility and strength building athletic intervals. Boot Camp will get you feeling stronger with results you will notice. Both men and women are encouraged to attend. This is a great opportunity for spouses/partners to exercise together.

Cycle

An interval class on industrial-strength stationary bicycles set to motivating music. It is great for everyone at all levels, from the advanced athlete to the brand-new beginner—because the resistance and pace can be modified by the individual participant. It's high-energy, motivating and the best calorie-burner. (Cycle/Core involves a 45 minute cycling class followed by 15 minutes of core work)

H.I.I.T (High Intensity Interval Training)

Don't let the name scare you! You will alternate short intense segments of work with less-intense recovery periods. This work-out will improve athletic capacity and improve fat burning all while working your entire body.

Kettlebell

Kettlebell will enhance your training program by building strength and lean muscle mass. It will also help you to maintain maximum flexibility, power and endurance. This class will challenge you through a series of weight and cardio exercises with the use of the Kettlebell.

Muscle Conditioning

Experience personal training in a group setting. This drop in class will surely increase your weight endurance and help you to tone and strengthen. Classes will meet once a week on a drop in setting. Please meet near the weight equipment located outside of the fitness room in the hall area.

Pilates

This class will focus on the fundamentals of Pilates training, beginning with general mind/body awareness and breathing exercises. The exercises in this class will be taught at a beginner level and will gradually build to more intermediate classes. The purpose of the class is to promote a more balanced musculoskeletal system by strengthening the core (abs & back).

Sunday Strength

Kick start your week with a class sure to wake up your muscles with a variety of different work depending on the week. This class may utilize dumbbells, resistance bands, kettlebells, medicine balls, BOSU's, etc. to rev up the muscles.

Water Aerobics

Water aerobics is a safe and effective way to strengthen your heart, tone your muscles, and burn calories with minimal impact on your joints. The class is appropriate for all levels of participants as moves can be modified to fit the participant. This class meets at the East Junior High (1137 S. Marschall)

Yoga

Create a mind/body connection with yoga. This more traditional yoga class in the hatha style will focus on breathing, flexibility, balance, alignment and relaxation. Learn a variety of basic yoga poses and postures while increasing muscle strength. This gentle class is appropriate for the beginner, or for those who appreciate a yoga class which moves at a slower pace.

Yoga Strength

This intermediate to advanced yoga class will focus on strength poses and the use of light weights to increase your strength, challenge your core, and increase your heart rate.

Zumba

Zumba is a fusion of Latin and international music-dance themes creating a dynamic, exciting, and effective work-out. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. (Zumba Gold classes provide modified, low-impact moves for active older adults)